Breakfast is **THE MOST IMPORTANT** meal of the day, especially if you have an early morning sortie!

Eating Breakfast doesn't have to take too much time… here are some examples of **Quick and Healthy** morning snacks:

- ✓Two pieces of toast with peanut butter
- ✓Banana and peanut butter on bagel
- ✓Bagel with low fat cream cheese
- ✓Graham crackers and peanut butter
- ✓Balanced Energy bar
- ✓Trail Mix
- ✓Fig bars and low-fat milk

Food Myth #1

The ideal ratio of nutrients is 40% carbohydrate, 30% protein and 30% fat

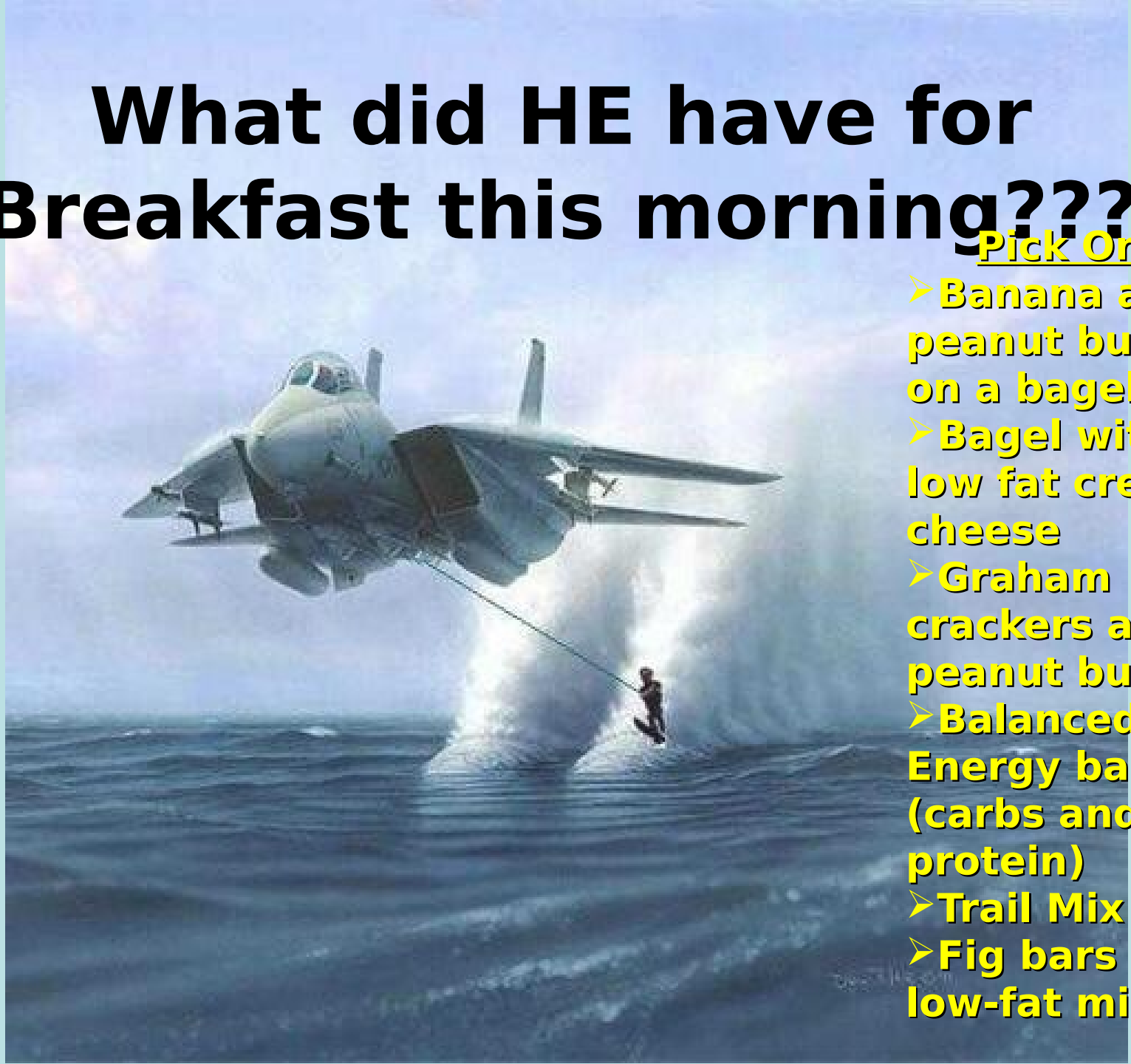
- Research shows a better diet plan is one that provides roughly 45-65% energy from carbohydrate, 10-35% from protein, and 20-35% from fat.*

- Choose **COMPLEX** Carbohydrates over simple carbs for sustained energy
  - ↑ Fresh fruits & vegetables
  - ↑ Whole grain breads & cereals (≥ 2 gms dietary fiber/serving)
  - ↓ Sugary snacks & beverages

- For lasting, healthful weight loss?
  - Varied diet
  - Reduced caloric intake
  - Regular physical exercise

**2002 Dietary Reference Intakes from The Institute of Medicine's Food and Nutrition Board*

What did HE have for Breakfast this morning???



Pick One:

- Banana and peanut butter on a bagel
- Bagel with low fat cream cheese
- Graham crackers and peanut butter
- Balanced Energy bar- (carbs and protein)
- Trail Mix
- Fig bars and low-fat milk

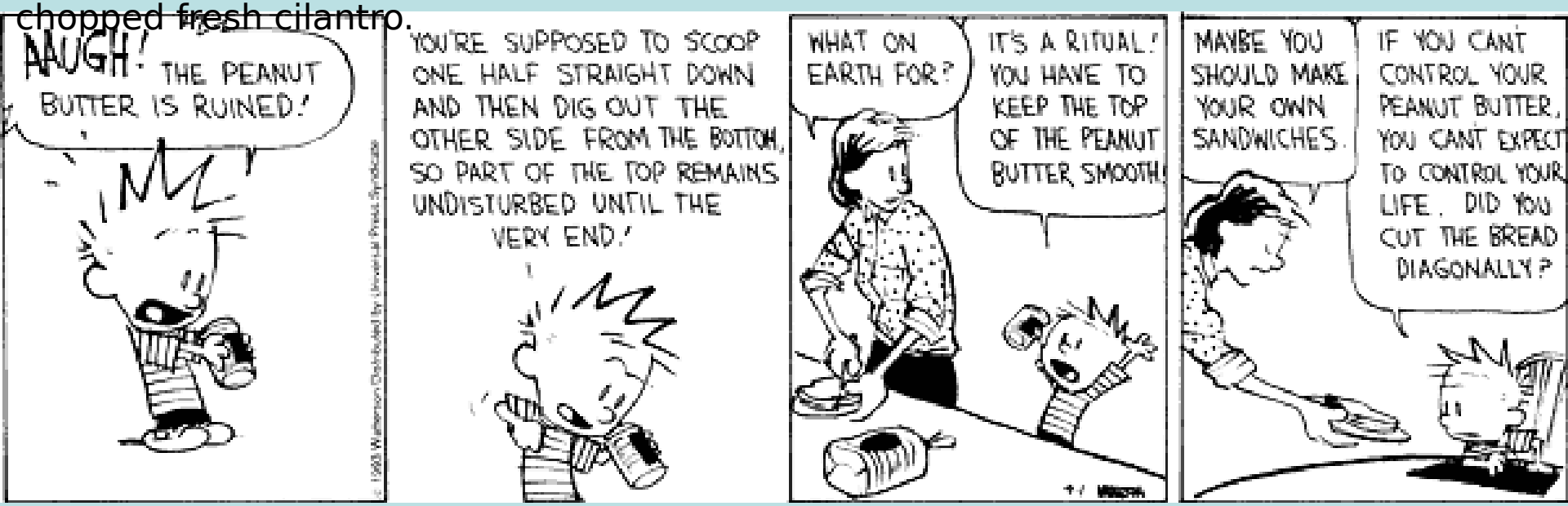
Lunch in no time…

Three simple salads to make ahead of time: (each take only about 10 minutes)
- you can add a cup of steamed brown or wild rice, couscous, or whole wheat macaroni to make the salads a meal!

Bean and potato salad: Combine defrosted frozen green beans and drained canned potatoes. Add a dressing made of a splash of lemon juice, a drizzle of olive oil and a dash of dried or fresh basil to taste. Add two chopped boiled egg whites for protein.

Italian green salad: Mix a dark green lettuce blend with baked croutons and grape tomatoes and drained canned kidney beans. Top with a dressing made of minced garlic in a jar, a splash of balsamic vinegar and a drizzle of olive oil. Add chopped grilled chicken or tuna for protein.

Mexicali salad: Drain canned black beans and combine with defrosted frozen corn. Mix with a dressing made of a drizzle of olive oil, some lime juice and ground cumin or chopped fresh cilantro.


AAUGH! THE PEANUT BUTTER IS RUINED!
YOU'RE SUPPOSED TO SCOOP ONE HALF STRAIGHT DOWN AND THEN DIG OUT THE OTHER SIDE FROM THE BOTTOM, SO PART OF THE TOP REMAINS UNDISTURBED UNTIL THE VERY END!
WHAT ON EARTH FOR?
IT'S A RITUAL! YOU HAVE TO KEEP THE TOP OF THE PEANUT BUTTER SMOOTH!
MAYBE YOU SHOULD MAKE YOUR OWN SANDWICHES.
IF YOU CAN'T CONTROL YOUR PEANUT BUTTER, YOU CAN'T EXPECT TO CONTROL YOUR LIFE. DID YOU CUT THE BREAD DIAGONALLY?

Eating on the Go!

<u>Three great wrap ideas at your fingertips</u>: Good alternative to the "same old" sandwich! (each take only about ten minutes to make)

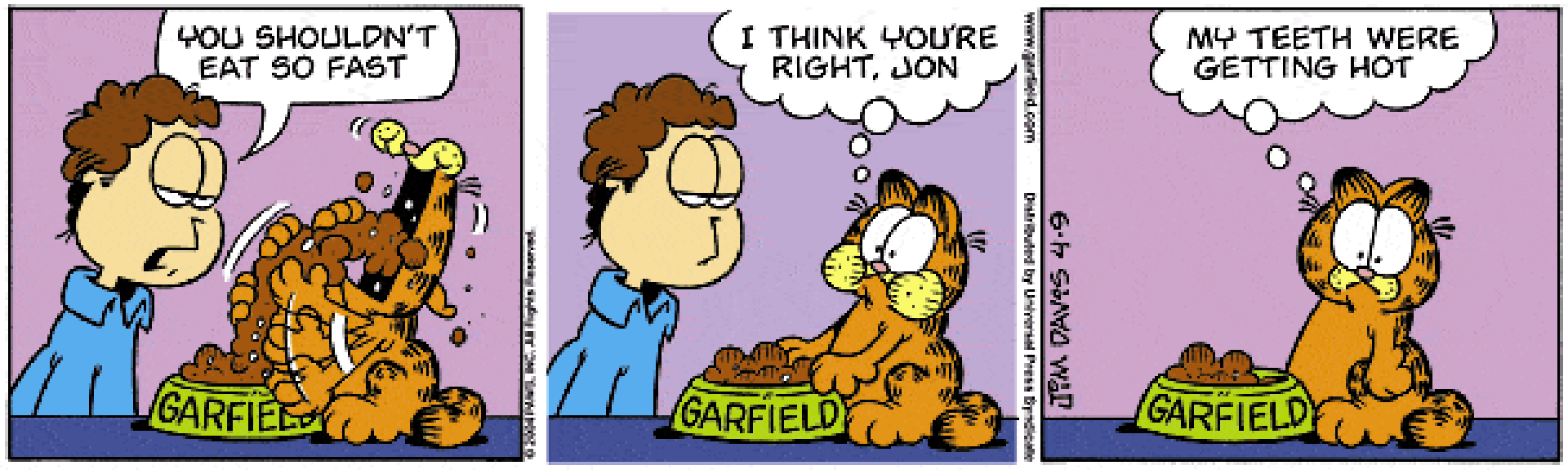
<u>Turkey salad wrap</u>: Combine chopped precooked turkey breast with pre-shredded coleslaw and low-fat honey mustard dressing. Spread cranberry relish on low-fat tortillas and fill with turkey-coleslaw mixture.

<u>Barbecue wrap</u>: Combine drained canned black beans, whole-kernel corn and barbecue sauce to make a relish. Heat the relish and roll with warmed barbecue meat into warmed low-fat tortillas.

<u>Teriyaki wrap</u>: Mix chopped precooked chicken or turkey breast with cooked long-grain rice and chopped frozen broccoli. Add teriyaki sauce to moisten, warm the mixture and roll into warmed low-fat tortillas.

<u>Mediterranean Wrap</u>: Mix pesto hummus with chopped Roma or grape tomatoes, spread on two whole wheat tortillas and add fresh mozzarella and some sprouts.

Roll the wraps tightly in saran wrap and pack with some fresh fruit and a serving of yogurt, crackers and soup for a great lunch in no time.



CHOOSE COMPLEX CARBS

Whole wheat alternatives are available for many processed foods and they have so much more flavor than their over- processed alternatives!

* Choose items with at least **<u>3 grams of dietary fiber</u>** per serving.
* Make sure grains come in sealed packages. Airtight, sealed containers protect the grains from air, moisture and spoilage. .
* Enjoy breakfasts that include high-fiber cereals such as bran flakes, shredded wheat or oatmeal.
* Use whole-grain alternatives like brown rice, whole wheat pasta and tortillas.
* Add whole grains, such as cooked brown rice, or whole-grain bread crumbs to ground meat, chicken, veggies and salads.

IF YOU HAD THE CHANCE, WOULD YOU ACTUALLY BITE ME?
JIM DAVIS 4-12
www.garfield.com
Distributed by Universal Press Syndicate
NO. MY VET PUT ME ON A LOW-FAT DIET
AND WHO SAYS EXERCISE IS GOOD FOR YOUR HEALTH?

GET OFF THE COUCH!

Exercise is an important part of any nutrition and fitness program. Exercise increases your metabolism, burns calories, and tones the muscles in your body. Regular physical exercise will boost your energy level, give you a feeling of well-being, and is a great way to relieve stress. Strive to participate in 30 minutes of aerobic exercise every day. This can include activities such as climbing stairs, walking, dancing, jogging, swimming, or cycling. Make it fun!

One mile is approximately **2,000** steps
Steps accumulated walking up and down every aisle at the commissary is approximately **1,000** steps
Steps taken during a 15 minute work break is about **1,500** steps
Walking 9 holes of golf without a cart is about **8,000** steps
The average number of steps to circle 1 city block is **500** steps

Increasing just **2,000** steps per day burns an extra **150** calories!

THE FOLLOWING PROGRAM IS NOT A RERUN
JIM DAVIS 4-1
HOWEVER, IT IS A LOT LIKE A BUNCH OF OTHER SHOWS
I'D RATHER SEE AN ORIGINAL RERUN
CLICK